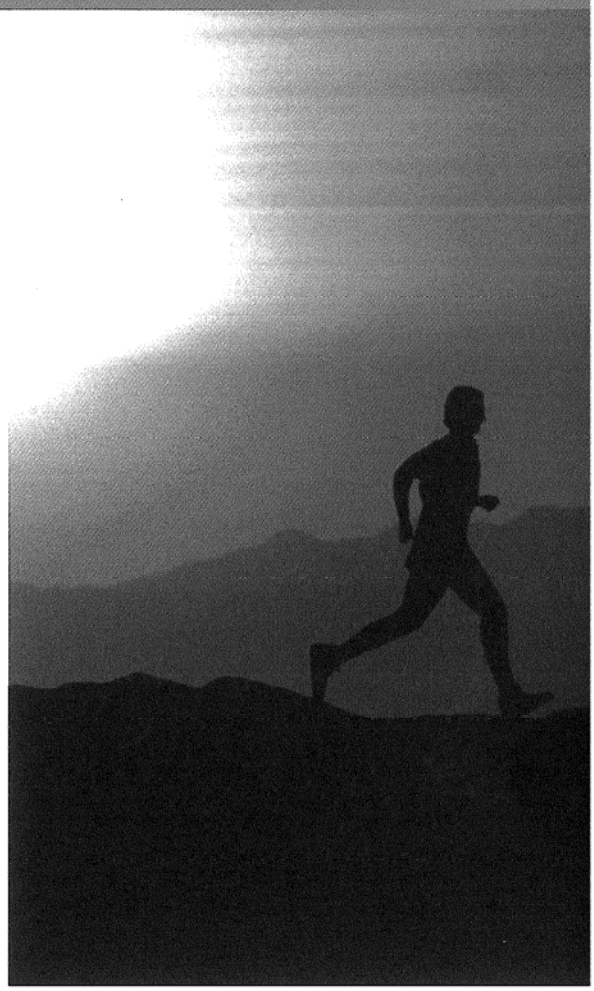
Employee Assistance Program

Well-being for work and life

With today's to-do lists and busy work schedules, who has time to deal with personal problems when they come up? Especially the kind of problems that make it difficult to think about anything else?

Now you do — with a full range of expert services available through your Employee Assistance Program (EAP).



One resource, many services

With your EAP, you'll find the information, resources and referrals you need to improve life at home and at work.

- Expert counseling — professional counselors are available to provide an objective viewpoint and expert guidance. You can have on-the-spot advice over the phone or a referral to work with a counselor face-to-face.
- Legal assistance — help with resolving a legal dispute, drafting a will, or finding mediation services. You get a free initial 30-minute phone or in-person consultation with a local attorney or mediator, per separate legal matter. Additional services are available at a 25% discount with network attorneys and mediators.
- Financial services — free, unlimited phone consultations with credentialed financial counselors for assistance with budgeting, debt management, retirement planning and other financial concerns. Plus local referrals to financial professionals and planning resources for complex financial matters.

free
confidential
all day, every day

Call toll-free anytime

1-866-374-6054

1-866-216-9926 TDD

or log on to

www.liveandworkwell.com

access code: CITYOFPLANO

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- Workplace training programs — seminars on popular topics such as team building and problem solving, plus management consultations and other workplace resources.

- Online resources — log on to **www.liveandworkwell.com** to discover wellness articles, self-assessment tests, health tools, calculators, preventive health programs, medication information, legal information, common forms and more.

How your EAP works

Whether the challenge is big or small, your EAP helps you find the services, referrals and support you need for:

- Job stress
- Conflicts at work
- Marital or relationship problems
- Legal issues
- Depression over the loss of a loved one
- Financial worries
- And more

One toll-free phone call is all it takes to reach an expert professional who will consult with you and recommend the right resources for your specific needs.

Any questions?

Q. How much does it cost to use the EAP?

A. Your EAP includes unlimited access to expert consultants, research and referral services, and **www.liveandworkwell.com** at no cost to you. You also receive a number of free in-person counseling sessions — check your benefit plan for details. If additional sessions are needed, they may be covered according to your medical plan. Discounts on ongoing legal and financial services are also available.

Q. Are these services confidential?

A. Yes. Protecting your confidentiality is our top priority. All records — including personal information, referrals, and evaluations — are kept confidential in accordance with federal and state laws.

Q. Who provides this program?

A. United Behavioral Health — the leader in behavioral health and wellness services. The company designs and delivers programs, like your EAP, to help people live and work well. Services are provided through a large network of resources, licensed providers, and facilities to ensure you get personalized, proactive solutions for your specific needs.

Employee Assistance Program

Call anytime for help with the demands of everyday life.

We're here to help you and your family with a wide range of personal and work-related needs.

- Communicating effectively
- Managing stress
- Financial planning
- Depression and emotional problems
- Legal questions

Invest in yourself

By helping resolve any personal or work-related concerns you face, your EAP can improve both your well-being and work performance. Call anytime for confidential assistance.

UNITED BEHAVIORAL HEALTH